



DENTAL CARE GUILDFORD
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How to use the dental bleaching system:

1. Follow your dentist's instructions on how to load gel into your custom bleaching tray. Use no more than 1/3 of syringe.
2. Brush teeth before inserting tray. Lightly tap tray to adapt tray sides to teeth. Wear Opalescence 10% for 8-10 hours or overnight, Opalescence 15% for 4-6 hours, Opalescence 20% for 2-4 hours, and Opalescence 35% for 30 minutes.
3. Remove excess gel with clean finger or soft toothbrush.
4. Rinse twice; do not swallow rinsed gel.
5. If significant sensitivity occurs, stop treatment and consult dentist.
6. Clean tray with soft brush and cool tap water.
7. Store tray in case provided.

Bleaching Precautions:

1. Do not use household bleach to whiten teeth.
2. Pregnant women should not bleach.
3. If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please consult our dentist as soon as possible.
4. Do not use tobacco products or eat while bleaching.
5. White spots on the enamel or that appear during bleaching may blend during continued bleaching process.
6. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.

General Precautions:

1. A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact your dentist.
2. Foods and juices high in citric acid can cause sensitivity to the teeth.
3. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
4. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights using Opalescence.
5. Regular dental check-ups and cleanings are important before and after bleaching to maintain a healthy smile.
6. Some old amalgam or "silver" fillings may leave a dark purple colour in your bleaching tray; this is normal.
7. Crowns, bridges, partial dentures, veneers, and composite fillings will not bleach.
8. Store bleach out of the sun and heat. Refrigeration recommended. Do not freeze.
9. Discard any unused bleaching gel after treatment is completed.
10. Keep Opalescence out of reach of small children.
11. Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.